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WHAT IS CLAIMED IS:

1.	A receptacle for a fiber optic cable connector having a plurality of
	optical fibers, the receptacle comprising:

a connector receiving housing having a plurality of surfaces for mounting to a receiving member having first and second faces, the connector receiving housing having a cavity therein and one or more passages adjacent the cavity for receiving the fiber optic cable connector:

a protrusion on the connector receiving housing for engaging the first face of the receiving member; and

a lip on the connector receiving housing for engaging the second face of the receiving member;

whereby the housing is mounted to the receiving member by the interaction of the lip and the protrusion.

- 2. The receptacle of claim 1 wherein the protrusion is wedge shaped.
- The receptacle of claim 1 wherein the protrusion is parabolic.
- The receptacle of claim 1 wherein the protrusion and the lip define opposed surfaces.
- The receptacle housing of claim 1 wherein the housing is made of
 a polymer based material and the plurality of surfaces are coated
 with an electrically conductive material.
 - The receptacle housing of claim 5 wherein the conductive material is chrome.

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1	7.	The receptacle housing of claim 5 wherein the conductive material
2		is copper-nickel.
1	8.	The receptacle housing of claim 1 wherein the housing comprises
2		a material that provides shielding from electromagnetic
3		interference

- The receptacle housing of claim 1 wherein the passage for receiving a connector is at an anale to an opening of the cavity.
- 10. The receptacle housing of claim 1 wherein: the protrusion defines an edge and permits the receptacle housing to slide through an opening in a receiving member; and whereby the housing is secured into the opening in the receiving member by the interaction of the lip and the edge on the protrusion.
- The receptacle housing of claim 5 wherein the polymer based material is a polycarbonate material.
- 12. A receptacle for a fiber optic cable connector having a plurality of optical fibers, the receptacle comprising:
- a connector receiving housing made of a polymer based material having a cavity therein for receiving the fiber optic cable connector and one or more passages through the cavity, the housing having a plurality of surfaces including front, right side and left side, the plurality of surfaces and the cavity being coated with a conductive material;
- the housing having a protrusion on each of the right and left side surfaces, each protrusion ending with an edge, the protrusion permits the housing to slide through the receiving member; and
 - a lip around the front side surface of the housing;

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12		whereby the housing is secured into the opening in the receiving	
13	member by the interaction of the lip around the front side surface and the		
14	edge on the protrusion.		
1	13.	The receptacle housing of claim 12 wherein the coated material is	
2		chrome.	

- The receptacle housing of claim 12 wherein the coated material is copper-nickel.
- The receptacle housing of claim 12 wherein the passage for receiving a connector is at an angle to an opening of the cavity.
 - 16. The receptacle housing of claim 12 wherein the housing comprises a material that provides shielding from electromagnetic interference.
- The receptacle housing of claim12 wherein the polymer based material is a polycarbonate material.
- 18. An electrical component assembly, the electronic component assembly comprising:
- an electrical cabinet having a faceplate with first and second faces:
- a cable connector connected to the electrical cabinet and having a plurality of optical fibers;

a connector receiving housing made of a polymer based material having a cavity therein for receiving the connector and one or more passages through the cavity, the housing having a plurality of surfaces coated with a conductive material, the housing having a protrusion on

each of the right and left side surfaces, each protrusion defining an edge,		
the protrusion permits the housing to slide through the faceplate; and		
a lip at an edge of the housing;		
whereby the housing is secured into the opening in the faceplate		
by the interaction of the lip and the edge on the protrusion		

- The receptacle housing of claim 18 wherein the passage for receiving a connector is at an angle to an opening of the cavity.
- The receptacle housing of claim 18 wherein the housing comprises
 a material that provides shielding from electromagnetic interference.
- The receptacle housing of claim 18 wherein the polymer based material is a polycarbonate material.